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The NLP Cookbook - Fran Burgess 2011-11-16
The NLP Cookbook is a veritable smorgasbord of NLP and related techniques gleaned from some of the greatest names in the field and adapted to provide an encyclopaedic resource for all therapists, coaches, change agents or health professionals. Fran Burgess uses the metaphor of cooking to describe the process of bringing together the best ingredients in NLP and

selecting them carefully in order to produce some mouth watering results. The recipes are grouped into sections depending on their purpose. Quite a few focus on how to shift state, with some of these targeting specific states like acceptance and anxiety. These are followed by recipes that seek to develop behaviours and skills, and others that address beliefs and identity. There is then a wide range to choose

from which deal with goals, relationships and the process of change. The beauty is that most of them can be used time and again for different circumstances and contexts, so they never wear out. Each recipe is prefaced by an introduction, giving you some background to its source and evolution. You are provided with its ingredients, should you be interested in its engineering, plus timings and materials required, and if it is suitable for working solo, or with a partner. Novice cooks can follow the recipes slavishly whereas those with more experience can adapt a recipe, adding a little something here, removing a little something there. This is not magic. They understand the chemistry that underpins the cooking process. They know what happens when you put this with that, now or later.

Improve Your Writing with NLP - Judith Pearson 2013-07-31

The secret to great writing lies in learning how to alternate between three mindsets: Dreamer, Realist and Critic. The author will tell you

exactly how to get into each mindset and how to apply it. This book will teach you the NLP models for creativity, tenacity and meticulous attention to detail. Read this book and you'll know how to write persuasively, hypnotically and prolifically.

The Little Book of Inspirational Teaching Activities - David Hodgson 2009

A collection of activities developed and used with teenagers all over the country that are short, easy to follow and engaging. They can be used as one off activities to spice up a session or can be put together to form one hour lessons or even whole day events. There are suggested combinations of activities to suit different topics such as PSHE, Successful Revision/Learning, SEAL.

Theory and Practice of NLP Coaching - Bruce Grimley 2012-12-18

'Inspiring, stimulating, and immensely rich - Bruce takes NLP in Coaching to an entirely new dimension, building on the giants before him' -

Katherine Tulpa, Global CEO, Association for Coaching 'I recommend this book whole heartedly to any coach who wishes to update their knowledge and understanding of NLP and coaching' - Prof. Dr. Karl Nielsen, IN President 'Immensely readable and well researched. No NLP practitioner wanting to develop the field further should be without it' - Dr Jane Mathison, formerly research officer in NLP, University of Surrey Are you struggling with the complexities of Neuro-Linguistic Programming (NLP)? You've come to the right place. This book demystifies NLP, providing a practical guide to understanding the psychological theories, principles and research that underpin the approach. Packed with practical hints and tips, case studies and exercises, the book introduces and explores: - What NLP coaching actually is - The general theories and principles that underpin the NLP approach - How theory translates into practice - The research evidence that says NLP coaching really works This is an

essential companion for trainees, coaches, psychologists and professionals from all walks of life - indeed, anyone wanting to develop their knowledge and practical skills in this increasingly popular approach. Bruce Grimley is Managing Director of Achieving Lives Ltd, an Associate Fellow of the British Psychological Society and the UK President of the International Association of NLP Institutes and Coaching Institutes.

The Origins of Neuro Linguistic

Programming - John Grinder 2012-11-30

The Origins of NLP brings together the recollections and thoughts of some of the main protagonists from the very early days of NLP. In 1971 Richard Bandler and Frank Pucelik were students at Kresge College at the University of California Santa Cruz. They had a strong mutual interest in Gestalt Therapy, Frank because of his traumatic time in Vietnam and because he had been working with some disaffected and drug-addicted kids, and Richard because he had been

working with Science and Behavior Books on transcribing and editing Fritz Perls' seminal work, *The Gestalt Approach and Eyewitness to Therapy*. They started a local Gestalt group and ran 2-3 sessions a week collaborating and experimenting with the language of therapy. They started achieving some brilliant results but were having problems transferring their skills to others and so Richard invited one of their college professors, John Grinder, to observe what they were doing in order that he would, hopefully, be able to deconstruct what they were doing that was so effective. John was a professor of Linguistics and was instantly impressed with the work that they were doing. He was able to add more structure and in due course the three of them formalised what is now known as the Meta Model. NLP, or Meta as it was known then, was born.

Magic of NLP Demystified - Byron Lewis

2012-05-29

With new and updated material this is the

second edition of a work which has long been regarded as one of the best introductions to NLP and, in particular, its Language of Communication model, available. It introduces the reader to a remarkable new approach to the study of human communications and therapeutic change. Managers, sales people, consultants, therapists, parents educators - anyone interested in or involved with influential communications and personal change - will benefit from reading this book, which is written in an informal and entertaining style.

NLP - Ali Campbell 2015-07-06

An introduction to one of the most powerful and exciting psychological techniques in use today, and how you can use it to make positive changes in your life. Learn how to:

- change your emotional state quickly and easily
- overcome fears, phobias and frustrations
- transform even lifelong habits quickly
- communicate to get exactly what you want
- reset your internal programming to change your future
- heal

emotional pain from your past ...and much more!
The Hay House Basics series features world-class experts sharing their knowledge on the topics that matter most for improving your life. If you want to learn a new skill that will enhance your wellbeing, Hay House Basics guarantees practical, targeted wisdom that will give you results!

Neuro-Linguistic Programming for Change Leaders - David Potter 2018-05-15

We know a lot about change leadership. We understand how to design change programmes, and we know how to prescribe best practice change methods. Yet, despite all this knowledge, it is reported that up to 70% of change leadership projects fail to realize many of their objectives. The fault lines are cited as occurring at the micro level of social interaction. What we don't adequately explain and demonstrate within the change leadership literature is how change leaders may consciously generate in themselves and in others resourceful mindsets, emotions,

attitudes, and behaviours to enable positive change leadership dynamics. Neuro-Linguistic Programming for Change Leaders: The Butterfly Effect fills this gap by connecting the practices of personal development with those of corporate change leadership. This book has the vision of advancing NLP as a serious technology in the change leader's tool box. The book introduces to operations managers, HR practitioners, OD specialists, and students of management new ideas and practices, which can transform their effectiveness as change leaders. It focuses on the benefits of applied NLP to change leaders as a generative change toolkit. Secondly, the book provides a model that shows change leaders how to build a climate of psychological safety to establish rapport with stakeholders. Thirdly, the book provides a strategy for enabling broader cultural change and stakeholder engagement throughout the organization.

Happy Kids Happy You - Sue Beever
2009-04-01

Every child, every family situation is different and parenting is a journey of constant change. There are no "right answers", only what works for you and your family. This book will give you a toolkit of practical NLP (Neuro Linguistic Programming) methods flexible enough to cover all situations. It focuses equally on the needs of you, the parent, as well as your child and will help you: get your family life running more smoothly; understand your children; support and encourage them and their development more effectively; recognise and meet your own needs so you can be more resourceful in family life; feel more confident and positive so you can have fun and enjoy being a parent more of the time! Rather than giving prescriptive advice, Happy Kids Happy You will enable you to develop your own solutions to situations. You will learn to speak and behave more positively with your children and experience outstanding results!

Voice of Influence - Judy Apps 2009-11-10

This inspiring book by leading voice coach Judy

Apps shows you how to awaken the energy of your authentic voice to speak from head, heart, gut and soul. Bringing together knowledge from voice training, NLP, Aikido, Alexander Technique, Bioenergetics, Feldenkrais and other mind-body work, Voice of Influence gives you the means to reach people at a deeper level where you'll motivate and inspire. Through this journey of discovery, you will literally 'find your own voice' in all senses of the phrase. Judy will show you how to: speak more powerfully and influentially; communicate from the whole of you, and reach people at a deeper level; find your true voice rather than just speaking with expression; understand other people better through the sound of their voice. Your voice is uniquely you and reveals more about you than you might imagine. Your whole history is imprinted in your voice. We have all heard of 'body language' this book reveals the 'body language' of sound - 'voice language'. It uncovers many startling new aspects of the

human voice and how we communicate - and fail to communicate! Every sound you make gives information about what is going on inside you, and you can use this information both to become a more skilful listener and to communicate with greater impact.

From Fear to Courage - Susie Linder-Pelz 2002
How important is work to your wellbeing?

Before you answer think about this: if you work an 8-hour day, travel an hour, have an hour for lunch (usually at or near work) and sleep 8 hours you've only 6 hours for everything else!

Suddenly it becomes very clear why having a fulfilling and satisfying career is so important! Yet with the massively changing world of work there is widespread dissatisfaction and fear surrounding our ability to find work, keep and enjoy it. For many people the unspoken issues of fear and lack of confidence have a devastating impact on their careers and lives. These are the issues addressed in *From Fear to Courage*. Through the diary notes of career coach Dr

Susie Linder-Pelz we meet people of differing ages, backgrounds and occupations, each experiencing a real-life career crisis. For example, a chirpy marketing professional reaching 40 and feeling trapped, a regretful teacher, a fear-filled generation-X training consultant, and a midlife manager made redundant.

Innovations in NLP - L. Michael Hall
2011-11-16

This long awaited book brings together some of the most recent innovations and applications of the traditional NLP model. Each chapter describes a new model or application and contains step by step instructions or a case study on how and when to apply it. For NLP Practitioners it provides an outstanding collection of new tools and ideas to take their practice forward.

The Really Good Fun Cartoon Book of NLP - Philip Miller 2008
Traditionally the world of NLP training and

literature has been full of technical sounding expressions, just think of the name -neuro linguistic programming. It takes a lot of persistence and effort to get through all this to access the real benefits that NLP can bring to people. The Really Good Fun Cartoon Book of NLP seeks to cut through all this by using simple (non jargon) language and amusing illustrations to get across the principles of NLP and how people can think about using them in their everyday lives. Knowing when and how to dip into the NLP life skills toolbox is really useful as is the idea that it's all just a learning experience. For anyone wanting to get even more from life - to become an even more interesting and interested person ? but only if that's what they want!

Why Do I Keep Doing This!?! - Judith Pearson
2012-01-31

What prevents people from doing what they sincerely want to do? You can come up with all sorts of explanations ranging from childhood

trauma to genetics, to personality types, but what it really boils down to is the fact that most people simply aren't skilled in managing their minds. When we try to break a habit our brain sends out signals of alarm and discomfort. To get past this, we must put our "logical brain" in charge. Using self-hypnosis and Neuro-Linguistic Programming (NLP) is one of the easiest ways to achieve this. Hypnosis relaxes and quiets the mind's chatter and can provide strategies to manage the mind and to access the qualities and strengths that we already possess. NLP is the one psychological approach that spells out those strategies step-by-step. This book explains how the concepts and mechanisms of hypnosis and the principles of NLP make for effective approaches to self-hypnosis.

The Clinical Effectiveness of Neurolinguistic Programming - Lisa Wake
2013

This book examines the current evidence of the clinical efficacy of NLP techniques, considering

how NLP can be effective in facilitating change, enrichment and symptom relief.

NLP Coaching - Susie Linder-Pelz 2010-02-03
NLP (Neuro-Linguistic Programming) is believed by many to be a powerful set of tools for facilitating change and enhancing performance. Yet, despite the success stories and proliferation of courses, there is still much skepticism about the validity and effectiveness of NLP. In *NLP Coaching* Susie Linder-Pelz brings, for the first time, an evidence-based perspective to this coaching methodology. She explains how and where NLP coaching is used, examines its links to established principles and practices, and questions aspects of NLP where the empirical evidence is missing. She reviews recent developments in NLP-based coaching practice and proposes a specific research agenda that will move NLP coaching towards an evidence-based approach. *NLP Coaching* provides numerous case studies and real-life examples which show how NLP assists personal,

professional, team, leadership and organizational development. The book includes contributions from leaders in the field: Andrew Bryant, Michelle Duval, Joseph O'Connor, Paul Tosey and Lisa Wake.

NLP for Teachers - Richard Churches
2007-11-07

NLP for Teachers covers a wide range of practical tools that will enhance your interpersonal effectiveness and classroom delivery. Find out how both your language and your internal processing affects the behaviour of others around you; Learn some amazing tools and techniques; Take your communication skills to the next level

The Collaborative Leader - Ian McDermott
2016-05-30

In *The Collaborative Leader*, L. Michael Hall and Ian McDermott answer key questions about leadership. What is collaboration? How does it relate to leadership? How do you do it effectively? How do you pull people together,

inspire them with a meaningful vision, and organise them so that a team spirit emerges and peak performance is achieved? The Collaborative Leader is a practical guide to collaborating with others and leading collaboratively. That means learning how to win the hearts and minds of those who we lead. Packed with practical and immediate action points, the book will show you how to turn around a non-collaborative group or environment immediately. You will find assessment questions throughout, step-by-step processes on collaboration, and an invitation to action at the end of each chapter: a personal challenge to step up to the collaborative level of leadership. Learn the core competencies that facilitate a healthy, joyful, and productive collaboration. The foundation of collaborative leadership is self-collaboration. The leader who cannot effectively collaborate cannot effectively lead. If you are to walk your talk, you need to demonstrate collaborative skills yourself, and

this book will show you the 'how to's' for developing the critical success elements of leadership. The best collaborators are those who have lots of fun collaborating. The goal can be serious. The collaboration can be fun. Learn how it's possible by understanding the structure and processes of collaboration. Whether you're responsible for team or organisational development, you'll find plenty here to inspire you to transform your leadership into collaborative leadership. Chapters include: Part I: The Foundations of Collaborative Leadership—Leading the Call, 1. The Vision—Why Bother? 2. The Mirror—Where Are You? 3. What Is a Collaborative Leader? 4. Challenges To Collaborative Leadership. Part II: Collaborative Leadership—The How To, 5. The Collaborative Pathway—How Do We Get There? 6. Calling For and Inspiring Collaboration—Inviting Others 7. Choosing To Collaborate—Making the Decision 8. Creating a Culture of Collaboration—Collaboration Inside

Out 9. Combining Differences For Synergy—Welcoming and Integrating 10. Integrating Self and Others—The Collaborative Quadrants 11. Believing In Collaboration 12 The Principles of Collaboration 13. The Bigger Game of Collaboration 14. The States of Collaboration 15. The Call To Be a Collaborative Leader. Part III: Collaborative Leadership Challenges—There Be Dragons! 16. How Collaborations Can Go Wrong 17. Pseudo-Collaboration—The Talk Without the Walk 18. Collaboration In Crisis
Change Your Life with NLP - Lindsey Agness
2013-01-08

Change Your Life with NLP is a powerful tool you can use to change your life, immediately. Lindsey Agness, one of the foremost experts in neuro-linguistic programming (NLP), has written a book that puts you on the right track from page one. Her easy-to-understand advice has changed countless lives, and the proven NLP techniques laid out in her book will help you make the changes you need to better your own

life. NLP can be applied to many aspects of your life. Change Your Life with NLP will help you: - Be happier - Get rid of anxiety - Find out what's important to you - Eliminate bad habits - Land the perfect job - Lose weight - Improve your relationships Once you master the tools and skills available to you, you'll quickly discover how to apply NLP to every aspect of your life. This revised edition of Change Your Life with NLP includes new chapters written by the author, bringing the book fully up-to-date.

The Spirit of NLP - revised edition - L. Michael Hall 1996-08-22

This fully revised edition brings you a brilliant Richard Bandler master training and significant contributions from Eric Robbie, Wyatt Woodsmall, Tad James, Christina Hall and the late Will MacDonald. "No other book covers this breadth of NLP Master Practitioner material." Frank Daniels, NLP trainer

The Hero's Journey - Stephen Gilligan
2009-11-10

Stephen Gilligan and Robert Dilts truly take you on a voyage of self-discovery. The Hero's Journey examines the questions: How can you live a meaningful life? What is the deepest life you are called to, and how can you respond to that call? It is about how to discover your calling and how to embark on the path of learning and transformation that will reconnect you with your spirit, change negative beliefs and habits, heal emotional wounds and physical symptoms, deepen intimacy, and improve self-image and self-love. Along this path we inevitably meet challenges and confronting these challenges forces us to develop and think in new ways and push us outside our comfort zone. The book takes the form of a transcript of a four day workshop conducted by Stephen and Robert. It is a powerful way of learning as you are so absorbed by the experiences of the participants that you feel you are actually there. A wonderful voyage of discovery for everyone who thinks that, "there must be more to life than this".

The Structure of Personality - L. Michael Hall
2010-12

Identifies the processes that produce personality, and presents strategies to reprogramme it. Coaching the reader in a number of effective and specially adapted NLP techniques, this title covers a range of tools including The RESOLVE model and the Personal Strengths model. It is suitable for counsellors, therapists and NLP practitioners.

The Life Coaching Handbook - Curly Martin
2001-07-30

This complete guide to life coaching reveals what life coaching IS, how to coach yourself and others effectively and how to create and sustain a successful coaching practice. Leading you through a comprehensive programme of Advanced Life Coaching Skill The Life Coaching Handbook is the essential guide for life coaches, and a key sourcebook for NLP practitioners, human resources managers, training professionals, counsellors and the curious. Curly

Martin is a professional life coach, author, trainer and internationally qualified NLP Master Practitioner. Coaching for more than twenty years, her clients include celebrities, CEOs, directors and doctors.

Changing with NLP - Lewis Walker 2004

For medical practitioners considering incorporating neuro-linguistic programming into their practice, a UK general practitioner/NLP trainer introduces the theoretical basis, techniques, and clinical applications of this behavioral change model that takes onto account eye movements as neurological indicators. Dr. Walker includes exercises, a sample chart for exploring subjective experience, the NLP meta-model, eye-accessing cues, useful questions to ask patients and tips on when to use them. Annotation : 2004 Book News, Inc., Portland, OR (booknews.com).

The NLP Toolkit - Roger Terry 2009

The NLP Toolkit is packed with easy to use tools, activities and techniques. Organised in an

accessible way and grounded in teacher experience and practice, it provides a comprehensive toolkit that uses NLP techniques to improve all aspects of learning and teaching from using a simple spelling strategy to developing leadership skills. NLP is often described as 'the technology of emotional intelligence'. The NLP Toolkit gives you practical 'how to' ways to develop your own emotional resilience as well as ways to work with children in the area of emotional and social skills. The five sections cover: In the class activities Emotional and social literacy with children Stagecraft and presentation skills Personal development and effectiveness Leading with NLP The NLP Toolkit is the perfect companion to the highly acclaimed NLP for Teachers: How to be a highly effective teacher ISBN 9781845900632 and will be useful for both teachers with experience of NLP and those who are new to the subject.

Clean Language - Wendy Sullivan 2008-10-24

This book will teach you a new way to communicate which gets to the heart of things! By asking Clean Language questions to explore the metaphors which underpin a person's thinking, you can help people to change their lives in a way that intrinsically respects diversity and supports empowerment. Both you and they will gain profound new insights into what makes them tick. The approach was originally used to help clients to resolve deep trauma. It is now being used to get to the truth and to solve complex problems by some of the sharpest and most innovative people in the world - coaches, business people, educators, health professionals and many others.

The 7Cs of Coaching - Bruce Grimley 2019-07-23

In The 7Cs of Coaching, Bruce Grimley expertly explains neuro-linguistic programming (NLP) to the advanced coach and counsellor by asking a simple question: 'What is NLP?'. Inviting us on his personal journey, he provides the reader in this book with an insight as to how he coaches

using his own NLP model as well as exploring the complexity of NLP as a practice and why it tends to polarise opinion in today's coaching landscape. Grimley insists that if the NLP paradigm is to find credible traction in the modern world, it needs to test its claims in the same way as other academic disciplines; based on his own research, this book does just that. Incorporating contemporary psychological understanding and neuroscientific research throughout, it provides a complete NLP model, outlining specific steps for the reader to follow in order to achieve excellence in coaching. It includes case studies, exercises and reflective questions which will encourage both novice and advanced coaches to explore the benefits of NLP, understanding and taking into account emotions and the unconscious mind in their practice. By analysing the NLP landscape, this book also addresses many issues which are shared by the broader coaching community such as differentiation from counselling, professional

status and lack of a reliable empirical evidence base. Ground-breaking and thought-provoking, this book offers a modern examination of NLP. Highlighting why NLP is still useful and popular, and exploring why it fills a gap in the market place for effective coaching, this book will be essential reading for all coaches in practice and training, coach supervisors and counsellors with an interest in coaching techniques.

Consult Yourself - Carol Harris 2005-07-21

"What is the most important attribute a freelance consultant must have? " Is it communications skills, a package of up-to-the-minute techniques, or the ability to project manage effectively? " All of these things are necessary. But I encourage you to read this book through a different lens. The most important attribute, in my world, is the ability to market oneself- products, pricing, promotion and routes to market. This book will support you on that journey." Martin Shervington, author
Beliefs - Robert Dilts 2012-03-30

BELIEFS are the foundation of everyone's personal outcomes. This second edition of *Beliefs: Pathways to Health & Well-Being* includes new and updated material and offers leading edge technologies that rapidly and effectively identify and remodel limiting beliefs. It teaches you powerful processes for change and demonstrates how to identify and change beliefs using scripts from personal change work undertaken with individuals in workshops. These processes include reimprinting, conflict integration, belief/reality strategies, visualization and criteria identification. You will learn the latest methods to change beliefs which support unhealthy habits such as smoking, overeating and drug use; change the thinking processes that create phobias and unreasonable fears; retrain your immune system to eliminate allergies and deal optimally with cancer, AIDS and other diseases; and learn strategies to transform "unhealthy" beliefs into lifelong constructs of wellness.

The Weight, Hypnotherapy and You Weight Reduction Program - Judith E. Pearson 2006

Giving mental health practitioners a complete, fully-scripted, weight reduction program that addresses the problem of obesity in adults, this manual contains complete step-by-step instructions for managing and conducting a program to add a valuable and profitable service to an existing private practice. Includes a CD which contains a reproducible client workbook.

Mind Warriors - Dipankar Khanna 2010-07-05
Neuro-Linguistic Programming (NLP) is powerful system that enables you to perform more effectively. This book provides business executives, enthusiasts and practitioners with a powerful yet simple set of practices to increase their Emotional Intelligence. Through this powerful approach you will be able to manage your own lives and interact with others better, forging magically meaningful relationships with integrity and excellence to improve your professional and personal lives, quickly! Written

in an easy-to-understand way, Mind Warriors presents NLP exercises and practices as they are taught and practised in the West, lucidly and authentically, with stories, anecdotes and philosophical connectors from both NLP and Eastern philosophy. Master these techniques today and get ready to make some fabulous and dramatic changes in your life!

Neuro-linguistic Programming For Dummies - Romilla Ready 2010-08-26

Learn how to apply NLP to fine-tune life skills, build rapport, enhance communication, and become more persuasive One of the most exciting psychological techniques in use today, neuro-linguistic programming helps you model yourself on those-or, more accurately, the thought processes of those-who are stellar in their fields. Rooted in behavioral psychology of the 1970s, the concepts of NLP are now common to such diverse areas as business, education, sports, health, music and the performing arts- and have been instrumental in helping people

change and improve their professional and personal lives. In this handy, informative guide, you will acquire a basic toolkit of NLP techniques, with advice on the NLP approach to goal-setting, as well as insights on how you think, form mental strategies, manage emotional states, and, finally, understand the world. With new content on new code NLP, symbolic modeling, clean language in the workplace and energetic NLP-techniques developed after the first edition Includes updated information throughout and two new chapters: Dipping into Modeling and Making Change Easier Not simply a guide to reprogramming your negative or habitual thoughts, this practical, down-to-earth introduction to NLP is the first step to fulfilling personal and professional ambitions and achieving excellence in every sphere of your life. *Improving Personal and Organisational Performance in Social Work* - Jane Holroyd
2012-03-22
Within health and social care settings, high

levels of sustained performance from individuals, teams, organisations and multi-agency collaborations are required. This book offers a service-oriented leadership approach for Social Work managers and looks to enhance personal effectiveness and ultimately organisational performance through human behaviour, thought and communication. It is designed to support the development of aspiring and front line managers in social work and care through the introduction of key concepts such as understanding the Self, Neuro-Linguistic Programming, self-leadership and communication.

NLP Made Easy - Ali Campbell 2018

This book is Ali Campbell how all our behavior is a product of our state of mind. He presents techniques for making small changes on the inside that make huge differences on the outside. Learn how to: reprogramme your mind to create the life you want; change your emotional state quickly and easily; overcome

fears, phobias and frustrations; and quickly transform even lifelong habits; and be at your best when you really need it.

Social Panoramas - Lucas Derks 2005-01

Why am I unhappy with my social life? Social Panoramas reveals the unconscious landscape of images and people that surrounds each of us. It helps us to sense the location of significant others within our mental space, teaches us to reshape our inner worlds and guides us towards the successful recreation of our perspectives on others and ourselves. leading to more confidence, greater self-esteem and dramatic improvements in your relationships with others. Social Panoramas offers coaches, therapists and counsellors a wide range of new tools and methods to solve clients' relationship issues with a simplicity and precision previously unknown.

Neurolinguistic Programming in Clinical Settings - Lisa de Rijk 2022-01-12

Neurolinguistic Programming in Clinical Settings provides a theoretical framework for

the clinical applications of Neurolinguistic Programming (NLP) protocols in mental health. It offers evidence-based models for a range of conditions; including PTSD, anxiety and depression, grief, phobias and binge-eating. Providing a follow up to the 2014 book The Clinical Effectiveness of Neurolinguistic Programming, this book updates the existing research evidence for NLP interventions with mental health clinical conditions. It includes further evidence for its use with somatoform disorders, anxiety and depression, and as a general psychotherapy modality. The book outlines up-to-date evidence from clinical trials that demonstrate the success rate of NLP with PTSD populations and discusses how ongoing randomised clinical trials at Kings College London are demonstrating the clinical effectiveness of NLP protocols and are becoming more widely accepted by mainstream mental health care. Written by a team of internationally academically informed clinicians and

researchers, the book will be key reading for academics, researchers and post-graduate students in the field of mental health research, psychotherapy and counselling. It will also be of interest to clinicians and mental health professionals interested in NLP as a therapeutic modality.

The Complete Guide to Understanding and Using NLP - Barbara Gibson 2011

In a book that also gives a historic background on the technique, the authors explain how to get the most out of neuro-linguistic programming, which utilizes language and other forms of communication to help the practitioner learn more about himself and others. Original.

The User's Manual for the Brain Volume II - L. Michael Hall 2003-04-04

This much anticipated volume continues the

tradition of Volume I, the Practitioner course manual. The authors now invite you to reach beyond Practitioner to Master level to develop the very spirit of NLP. "... the quintessential self-study course on advanced NLP." Judith E.

Pearson PhD

Presenting Magically - Tad James 2001-09-26

Whether you are a newcomer or a seasoned professional, Presenting Magically will provide you with masterful tips and techniques to transform your presenting skills. "A treasure trove of information on how to acquire the skills of a world class presenter." Judith E. Pearson

PhD, Anchor Point

7 Steps to Emotional Intelligence - Patrick E. Merlevede 2001

This book can help you develop your intellectual and emotional skills. It is practical, sound and clear.